

# News and Events

## CALENDAR OF EVENTS

### OYS 2009 Training DAY #3

Sunday, April 19  
9:30 a.m. - 8:00 p.m.

### OYS 2009 Training DAY #4

Sunday, May 17  
9:30 a.m. - 8:00 p.m.

### Group Rebirthing BREATHWORK Events

7:30 p.m. - 9:30 p.m.

Monday, April 6  
Thursday, April 23

and

Monday, May 4  
Thursday, May 21

Please arrive  
to Register  
by 7:15 p.m.,  
if possible.

## Issue: #16

April, 2009

### Greetings!

During the month of April we become more and more aware of Spring's presence and the feeling of renewal Spring brings. In nature, flowers are blooming, leaves are opening, the grass is greening. Soon there will be baby birds, baby squirrels, baby deer. It's a time of birth and rebirth.



It's also a time of spiritual renewal. In Christianity, Easter will be celebrated; in Judaism, Passover will be celebrated; in Hinduism, Navaratri has just been celebrated. Also at this time of year, the Pagan celebration honoring the Saxon Goddess, Eastre, is held. These holidays celebrate the victory over death, physical and spiritual; and the renewal and rebirth of Life.

It's wonderful to see this renewal and rebirth happening all around us, both in nature and in the lives of those in our Community. Rebirthing BREATHWORK enables us to renew our lives on many levels, to clear away what is no longer for our highest good, and to create and recreate our lives as we intend. At our events, as members of our Community share about their lives, we are aware again and again of the positive changes that are occurring for them as a result of Rebirthing BREATHWORK.

If you feel you want or need some guidance in your life, the MDRBC and our Community are here for you. Please join us for our events held monthly, and, if you feel you would like one-on-one guidance, please contact us for an appointment.

Whatever you may be doing or celebrating this time of year, we wish you Blessings during these Spring holi-days, and renewed Joy in Life.

We look forward to both seeing you and hearing from you and we welcome you back to the MDRBC again, and again, and again!

If you would like to read previous MDRBC Newsletters, please email us at

[mdrbcnews@gmail.com](mailto:mdrbcnews@gmail.com)

we'll be happy to send them to you

or go to

[mdrbc.com](http://mdrbc.com)

for our Newsletter ARCHIVE link.

For more information, to register for an event, or to schedule a private session, contact us at

**443-433-6481**

or visit our website

**[www.mdrbc.com](http://www.mdrbc.com)**

The MARYLAND  
REBIRTHING  
BREATHWORK  
CENTER

**[mdrbc1@gmail.com](mailto:mdrbc1@gmail.com)**

Working with the  
Moon's Energy

## Waking Up to New Life !

Walking back to my house from my mailbox today, I thought how the spring is like giving birth...especially here in Montana. Yesterday, it was a blue sky day...lots of sunshine and the snowcapped mountains gleaming in the sparkling sunlight. Just a beautiful day. The day before I had awoken to 2 inches of new snow and then melting and snow flurries through-out the day...and all had melted before it sat too long. Today it's gray with a hint and a possibility of snow...the temperature isn't quite 30 degrees yet. Birth is like that...the sun warming and opening the earth to new growth and life, then the contraction of the return of cold and snow...the grasping and releasing of letting go and holding back, all the while moving toward release and bringing forth into the world new life.



As I thought of that, I recalled when I first began my rebirthing BREATHWORK sessions. I did a series of ten sessions within about a month's time and each session was like walking into a new world. So many different things came up for me, I learned so much about my True Self and even about life that I had been unaware of until that point. It shifted my entire perspective of life and began the journey of opening my mind...to "waking up". As a result of Rebirthing BREATHWORK, I am more consciously aware of ALL of life going on around and within me. I feel more connected to my Self, Creator, to others and to all of life. I am aware of the connection between everything...in the present...and forward and backward in time. As a result of that, I feel my purpose and my place in being here... here in Montana, here on the planet and here during THIS time. I am grateful to be alive and I thank Creator for that aliveness daily. I am grateful that I was led to my Teacher, Lehano, and to all those I've met through Rebirthing BREATHWORK. I/we have a wonderful community and I invite everyone who's interested in joining in a journey of personal, as well as group, discovery and growth to contact the MDRBC. Much love from Montana, Anowee

Written by Anowee- Kalispell, MT

*(Anowee is a Rebirthing BREATHWORK Practitioner and is continuing advanced studies with The Maryland Rebirthing Academy (MRA). Additionally, she has a home-based business writing legal briefs for a prominent Philadelphia law firm.)*



The April full moon will be the first full moon of Spring. This full moon will be visible all night on April 9, low on the eastern horizon at dusk, at its highest point in the night sky around midnight, and low on the western horizon at dawn.

Working with the Moon's energy is not part of Rebirthing BREATHWORK, yet it can be valuable in assisting us to manifest what we desire.

Focus on releasing the negatives in your life during the Waning Moon. Focus on increasing the positives in your life during the Waxing Moon.

WAXING Moon  
April 1 - April 8

## Join Us for Group Rebirthing BREATHWORK Events

Come BREATHE with us!

Breathing together is powerful. MDRBC Group Rebirthing BREATHWORK Events (GRBE's) are a great opportunity to have group support for yourself and what you want for your life.

The MDRBC Group Rebirthing BREATHWORK Events (GRBE's) are held twice each month on a Monday and Thursday evening. Be sure to check the Calendar of Events in our newsletter or on the MDRBC website ([mdrbc.com](http://mdrbc.com)) for specific dates.

These events are open to those who have completed at least one 10 RB Session SERIES with a Professional Rebirthing BREATHWORKER (either female or male). If you'd like to participate and haven't yet completed a 10 RB Session Series, speak with Lehano first.

Please arrive between 7:00 p.m. - 7:15 p.m. to register and settle in. GRBE's start at 7:30 p.m. and end about 9:30 p.m. You may want to bring a yoga mat, blanket and bottle of water.

Our GRBE's for April will be on Monday, April 6 and Thursday, April 23. We'd like to have you join us!

## NEW ADDITIONS!



and  
April 26 to April 30

FULL Moon  
April 9

WANING Moon  
April 10 to April 24

NEW Moon  
April 25

**We WANT your** insights, Realizations,  
Stories and Creative Expressions  
to share here with OTHERS.

Please Contact [mdrbc1@gmail.com](mailto:mdrbc1@gmail.com)

if you would like to submit any of the above for the upcoming  
Newsletters.